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RATION POINT BUDGET HELPS FOOD MANAGERS PLAN MENUS AND AVOID POINT DEFICIT

The industrial feeding manager's ability to keep within his ration allotment is affected as much by careful planning as it is by the number of points available. Even a large number of ration points will not stretch over the rationing period if they are spent extravagantly on high-point meats and fats. If an excessive number of ration points is used in the first month of the rationing period, it is difficult, even by the most careful planning, to make up the deficit during the second month.

rationed foods. For example, meat and fat points might be recorded as shown in the chart.

Similarly, the points required for processed foods may be divided between those needed for general cooking and service, and those used for baking. Sugar may also be divided into that required for table use, and that needed for baking.

Check regularly on the use of ration points to see that you are

Ration Point Distribution Record

	<u>Percentage of Total Points</u>	<u>Number of Points</u>
Meats		
Butter and margarine		
Cooking fats and oils		
Fats for baking		
Cheese		
Evaporated milk		
Totals		

Budget your ration points for each period by determining:

1. The number of ration points available for each month, week, and day of the rationing period.

2. The proportion of ration points to be used for each type of

not exceeding your budget allowance. Make this check daily, if possible, but never less than once a week. Thus, excessive spending of points on one day, or during a week, may be corrected by a restricted use of points for the subsequent period, until the budget is in balance. This method will prevent incurring point indebtedness.

Ration Point Summary

(A simple summary form for keeping track of ration point expenditures is given below)

Rationed Foods	Today		Rationing Period		Budget Check	
	Allotment	Used	To Date	Used	Over	Under
*Meats, fats, cheese, etc.						
Processed foods						
Sugar						

*This item may be subdivided giving point use for each kind of rationed food.

Using Meat Alternates To Conserve Meat

One way to make ration points go further and to cope with shortages in the meat supply is to use meat alternates frequently. Meat alternates are foods that may be served interchangeably with meats because they contain essentially the same nutrients. Poultry, fish, eggs, cheese, dry peas and beans, and nuts are meat alternates that may be used in main dishes on the menu. Like meat they are rich sources of protein and supply B vitamins.

Planning menus presents fewer difficulties to the food manager when meat is available since many meats suggest vegetable accompaniments. For example, baked ham may "call" for sweet potatoes and green beans.

Fewer "natural" combinations are suggested to the menu planner by meat alternates, and, therefore, more thought needs to be used to plan meals that will be attractive to the eye and appealing to the taste. Vegetables, salads, and other accompaniments that complement the main dish in color, flavor, and texture should be selected. Mild-flavored foods should be combined with more strongly flavored ones, and soft-textured foods with crisp ones. Fried haddock, for example, may be served with creamed new potatoes and lettuce and tomato salad. The creamed potatoes contrast with the texture of the fried fish, and the salad adds color, a tart flavor, and crispness to the menu.

Serving Fresh Vegetables

Many fresh vegetables are appearing now in local markets, and as the growing season advances a larger variety of them will be available. Vegetables add color and flavor to any meal. Cook them until tender in as little water and for as short a time as possible and serve them immediately to preserve flavor and color, and conserve nutritive value.

Fresh vegetables may be combined attractively in vegetable plates. The occasional use of a vegetable plate may add welcome variety to the special lunch menus. However, vegetables alone do not supply enough protein to take the place of meat. Therefore, a meat alternate, such as cottage cheese, fish salad, or sliced cheese, should be served with the vegetables.

Copies of a booklet entitled **SAVING SUGAR IN INDUSTRIAL FEEDING** are available at the Regional Office of the War Food Administration, 150 Broadway, New York City.

Menus for Special Lunches

Menus are given for special lunches for a period of 15 days. These menus are planned to furnish about one-third of the worker's daily food requirements, and to come within the limitations of rationing allotments and curtailed food supplies. In this month's menus, meat alternates have been featured, as have the fresh vegetables and fruits in abundant supply.

1.

Braised breast of lamb
Parsleyed new potatoes
Buttered carrot strips
Whole-wheat bread with butter
or fortified margarine
Plain cake with orange frosting
Milk

2.

Baked kidney beans (recipe attached)
Fresh spinach or other greens
Sliced tomato and lettuce salad
Enriched rolls with butter or
fortified margarine
Custard pie
Beverage

3.

Meat loaf with gravy
Steamed new potatoes
Creole cabbage (see April issue)
Whole-wheat bread with butter or
fortified margarine
Chocolate pudding
Beverage

4.

Vegetable plate:
Stuffed egg salad
Fresh asparagus
Parsleyed potato
Sliced tomato
Cornbread with butter or fortified
margarine
Deep-dish apple pie
Milk

5.

Fish cakes with egg sauce
Creamed new potatoes
Buttered green beans
Enriched bread with butter or
fortified margarine
Peach shortcake
Milk

6.

Baked macaroni with cheese
Buttered sliced carrots
Mixed green salad with French
dressing
Whole-wheat bread with butter or
fortified margarine
Gingerbread
Milk

7.

Roast pork with spiced apples
Browned potatoes
Buttered lima beans
Enriched bread with butter or
fortified margarine
Orange custard
Beverage

8.

Creole lima beans
Buttered fresh beets and greens
Cottage cheese and tomato salad
Whole-wheat bread with butter or
fortified margarine
Caramel nut pudding
Beverage

Menus (Continued)

9.

Veal pot pie
Mashed potatoes
Buttered peas
Enriched bread with butter or
fortified margarine
Fruit gelatine pudding
Milk

11.

Steamed frankfurters
Creamed new potatoes
Buttered cabbage (or sauerkraut)
Enriched roll with butter or
fortified margarine
Rhubarb pie
Beverage

13.

Scalloped chicken and noodles
Buttered green peas
Red apple and celery salad
Whole-wheat bread with butter
or fortified margarine
Baked custard
Beverage

15.

Baked fish fillet - tomato sauce
Steamed new potatoes in jackets
Green beans
Enriched roll with butter or
fortified margarine
Blueberry pie
Milk

PLENTIFUL FOODS

Fresh fruits and vegetables expected to be plentiful in most markets in the Northeast Region during the month of June include: potatoes, tomatoes, cabbage, onions, carrots, peaches (after mid-June).

Other foods which will be available in abundant supply are: dry edible peas; dry-mix soups; soya flour, grits, and flakes; citrus marmalade; apple butter, jellies, grape, plum and fig jams; wheat flour and bread; macaroni, spaghetti, noodles; oatmeal.

10.

Creamed eggs with fresh asparagus
(recipe attached)
Baked potato
Cole slaw
Apple Brown Betty
Beverage

12.

Fried oysters with lemon
Parsleyed new potatoes
Shredded carrot and cabbage salad
Whole-wheat bread with butter or
fortified margarine
Sponge roll with orange cream
filling
Milk

14.

Roast lamb with dressing
Mashed potatoes - gravy
Cabbage and green pepper salad
Enriched bread with butter or
fortified margarine
Fresh fruit cup
Milk

R e c i p e s

Baked Kidney Beans

Ingredients

Amounts for 100 Portions

Dry red kidney beans	12 pounds
Bacon drippings or cubed salt pork	1-1/2 pounds
Onions, sliced	2 pounds
Green peppers, chopped	1 pound
Tomatoes, canned	2-1/2 gallons
Chili powder	1 ounce
Salt	5 ounces

Size of portion - 6 ounces.

1. Wash and sort the beans. Cover with hot water and let soak overnight.
2. Cook beans until tender in the water in which they were soaked. Drain.
3. Cook the onions in the bacon drippings for about 5 minutes.
4. Combine the onions and fat, tomatoes, green peppers, seasonings.
5. Add the vegetable mixture to the cooked beans and mix well.
6. Pour into greased baking pans and bake for 1 hour in a moderate oven, 350° F.

Creamed Eggs with Fresh Asparagus Tips

Ingredients

Amounts for 100 Portions

Fresh asparagus	20 pounds
Cooking fat	3 pounds
Flour	2 pounds
Milk and asparagus liquor	4 gallons
Eggs, hard-cooked	8-1/3 dozens
Salt	5 ounces
Paprika	1 ounce

Size of portion - 6 ounces.

1. Clean the asparagus and cut spear ends off about 4 inches in length. Reserve rest of tender stalks for use in soup.
2. Cook the asparagus spears in a small amount of boiling water until tender. Drain, saving the liquor.
3. Make a roux of the fat and flour. Add the asparagus liquor up to 1/3 of the total liquid, and then the remainder of the milk. Season. Cook until thickened.
4. Cut the hard-cooked eggs in half, lengthwise.
5. Arrange asparagus tips in serving pan, add layer of eggs, and then sauce. Heat in oven to bring to serving temperature.
6. Serve plain or on toast or split buns.

